**Vitamin Project**

**Purpose:** To discover how the elements we’ve studied in class transfer to usable substances by our bodies.

**Goal:** You will create a multimedia project (format of your choice – must include at least three different media types) to present the information below.

Questions that need to be answered within the multimedia presentation.

1. What elements are found in the vitamin?
2. Are there any other names for the vitamin? If so, what are they?
3. What is the structure of the vitamin? Include a picture or 3-D model.
4. What are the foods that are a rich source of the vitamin?
5. What is the purpose of the vitamin in the human body?
6. What happens when there is not enough of the vitamin in the body?
7. Are there any other interesting facts about the vitamin?

You must also include your resource cites within the multimedia presentation. You need to have at least five different reputable sources.

An example of reputable cite.

National Institutes of Health

Web MD

Kids Health.org

**Due Date:** Tuesday, January 10th, 2012